

1) Match the following actions or movements with the correct pictures.



climb up hang from hold jump up
kick lie on sit on stand in pick up walk on



2) Choose the correct actions or movements to complete the ideas.

- 1 Can you **hang** / **climb** to the top of that wall?
- 2 Our teacher isn't sitting down. He's **standing** / **lying** in front of the class.
- 3 This sofa is very comfortable. Sometimes I **lie** / **hold** on it and go to sleep.
- 4 Mr. Wilson dropped his phone, so I **jumped** / **picked** it up for him.
- 5 In a game of football, players can **hold** / **kick** the ball, but they can't touch it with their hands.

3) Complete the ideas with **past actions in progress** using the verbs in the box.

watch not listen have walk not sleep

- 1 We _____ dinner when Tim rang.
- 2 I _____ at eight o'clock this morning.
- 3 I _____ TV when Sonia arrived.
- 4 While my friends _____ to school, they saw an accident.
- 5 You _____ to the teacher this morning!

- 4) Choose the correct options (**past finished actions or past actions in progress**) to complete the ideas.

- 1 I ____ to music when Clare phoned.
a was listening b listened
- 2 Sam ____ off his bike while he was cycling in the park.
a was falling b fell
- 3 I was relaxing on the beach ____ I found some money.
a while b when
- 4 We saw Mrs. Jones while we ____ at the bus stop.
a were waiting b waited
- 5 Were you doing your homework when I ____ you last night?
a was phoning b phoned

- 5) Write the time in letters for each clock and then answer: What were you or your family doing yesterday at those times? Use **past actions in progress**.



1. Yesterday at _____
I _____.
2. Yesterday at _____
I _____.
3. _____
_____.
4. _____
_____.
5. _____
_____.
6. _____
_____.

- 6) Write questions about you. Use the words to ask about **past actions in progress**.

1 it / rain / when you went out yesterday?

_____?

3 what / your sister / watch / on TV / last night?

_____?

2 you / have / lunch / at 12:00?

_____?

4 your friends / play / tennis / yesterday?

_____?